



# REYNOLDS ARMY COMMUNITY HOSPITAL FORT SILL, OKLAHOMA



U.S. Army Medical  
Command

FAMILY READINESS GROUP

Dec 1, 2004

## MEDDAC Family Readiness Group

### Welcome Home! Soldiers Return from Iraq

SGT Webb returned to Reynolds in late October after 9 months in Iraq with the 31st Combat Support Hospital of Fort Bliss, Texas. SGT Webb talks about her experience in the Middle East:

*Questions and Answers  
with SGT Deanna Webb:  
of 2 West*

**1. What were your duties in Iraq?** In Iraq, I worked as an LPN in the ICU. We had two wards, one for the Americans and another for Iraqis (soldiers and civilians) and other foreign nationals. I also did extra details such as guard duty, watching the local nationals when they worked in the hospital compound and sandbagging.

**2. Where in Iraq were you**

**stationed?** I was stationed on the LSA Anaconda in Balad.

**3. How did the FRG help you before and after?** The FRG helped my mom throughout the deployment by e-mailing her and keeping her updated with pictures and letters. She also received newsletters in the mail. She appreciated it very much.

**4. Did you work with Soldiers from Reynolds?** There were only a few soldiers from Reynolds but we all stuck together.

**5. Do you feel more patriotic now?** I feel a whole lot more patriotic now. I also have a lot more pride in myself and for this country.

**6. What would you tell Soldiers who may go?** There

are many things I would tell soldiers who may go. But to narrow it down, I would tell them be prepared for a culture shock. Iraqis live and act differently than Americans. I would also tell them that they will have an awesome experience and to take advantage of every opportunity they have to learn something new. I would also tell them to definitely bring cold weather gear because it really does get cold in the winter. And make sure to take advantage and appreciate every minute they have with their families.



### Welcome Home Ceremony

#### Family Readiness Group

You are cordially invited to help welcome home the following great American Soldiers at 1330 hours, 03 December 2004. Please join us as MG Valcourt and COL Ford award the Global War on Terrorism Expeditionary Medal to these fine Reynolds Army Community Hospital Soldiers who have recently returned from Operation Iraqi Freedom. The ceremony will take place in the Murari Room and again begin promptly at 1300 hours.

Glad to have you back!!

MAJ John Hammock  
MAJ Kimberly Wenner  
MAJ James Sheehan  
MAJ Catherine Kodama  
CPT Neil Taufen  
CPT Brock Smith  
CPT Elizabeth Pulatite  
CPT Marc Hultquist  
CPT Robert Cardona  
SFC Jose Roman  
SSG Carl Kuykendall  
SSG Kenneth Brown  
SSG Jeffrey Forry  
SGT Deanna Webb  
SGT Heidi Taylor



#### Inside this issue:

Welcome Home	1
Family Readiness Group and the Red Cross	1
Tricare for the holidays	2
Company Commander's Corner	3
First Sergeant's Corner	3
Skills Fair	3
New OB Stuff	3

#### Special points of interest:

- Challenging and Realistic
- OB Ward rooms have a "touch of home" to them
- FRG sponsors "Welcome Home, Soldiers" Dec 3rd
- ISG Sloan says goodbye.
- Skills Fair: Practical and Educational

## Company Commander's Corner

Let me start off by saying "outstanding job" to our Family Readiness Group. You're efforts have been exceptional and the impact you make is significant. We recently put together Thanksgiving baskets for some of our families, and in a few weeks we will be having our annual Children's Christmas Party.

Also, on December 3rd at 1300, we will have our 2nd "Welcome Home Ceremony" for the soldiers who have recently returned from Operation Iraqi and Enduring Freedom. One of the General Officers from Fort Sill will be awarding the Global War on Terrorism Expeditionary Medal. You won't want to miss out!

On a different note, we say goodbye to one of the biggest FRG sup-

porters in the Hospital. ISG Tim Sloan has been called by the Army to take on a new and challenging position at Fort Stewart, Georgia. ISG Sloan was the driving force in building our FRG into a viable organization. He has spent countless hours of his off-duty time supporting each event and his absence will definitely be missed. We wish him well and Godspeed!

CPT Freidline



*"...not a day goes by that I am not impressed by the quality of Soldiers we have in this great unit."*

## First Sergeant's Corner

I would like to thank all the Soldiers, Civilians and Family Members that have made this a successful tour for me as your Medical Company First Sergeant. I will be moving to Fort Stewart in just a couple of short weeks. The best thing about the Army is that every few years you get to move to a new place, meet interesting people and do new things. The worst thing about the Army is that every few years you have to say goodbye to family and friends that have made a significant impact on your life.

I wish you the best of luck in all your future endeavors. If you ever need anything, remember once you have become part of the Sloan Army Family, you will always be a part of the family...

ISG Sloan



ISG Sloan receives Meritorious Service Medal 4th OLC from COL Ford for all his hard work and dedication to the Soldiers

### Quote-"Your Name"

You got it from your father, it was all he had to give, so it's your to use and cherish for as long as you may live.

If you lose the watch they gave you it can always be replaced but a black mark on your name, can never be erased.

It was clean the day you took and a worthy name to bear, when you took it from your father there was no dishonor there.

So make sure you guide it wisely for after all is said and done, you will be glad the name is **spot-less** when you give it to your son.

## FRG Leader- Melissa Freidline

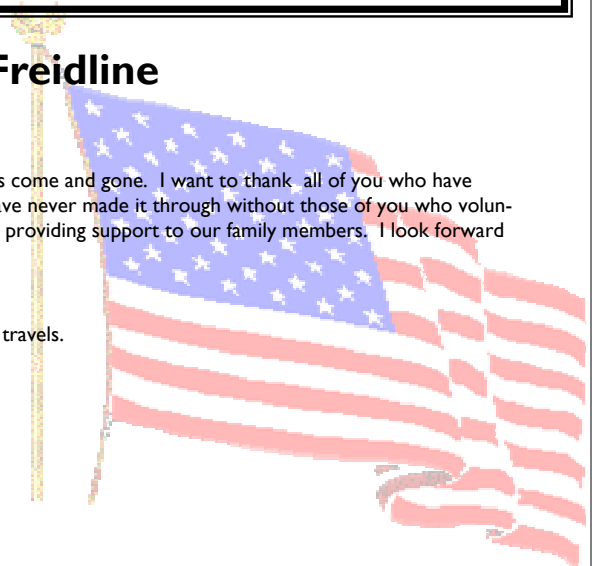
Greeting to all. I can't believe that another year has come and gone. I want to thank all of you who have helped to make this a successful year. We could have never made it through without those of you who volunteered your time to strengthen this organization by providing support to our family members. I look forward to making more of a difference in 2005.

Please enjoy your holidays and be safe during your travels.

Missy

### Upcoming Events

- 03 Dec 04 Welcome Home Ceremony
- 11 Dec 04 Holiday Gala
- 18 Dec 04 Children's Christmas Party





## TRICARE for the Holiday Season

Going home for the holidays? Are you and your family traveling on the road during the holiday season? The following question and answer session is from Page 7 of the "Reynolds Army Community Hospital Access to Health Care Guide 2004-2005".

**What do I do if I am traveling out of the area and need authorization for medical care?**

If you have an emergent need, please go to the nearest emergency room to receive care. If

emergent care is received at a civilian emergency room, please notify the Referral Management Center of this emergency care within 24 hours of authorization before payment can be made. Do not seek authorization until after you have received emergency care. If you have a medical problem that is non-emergent you may speak to one of the nurses in the one of the nurses in the Referral Management Center during normal business hours for direction of care.

**The RACH toll-free number is 1-866-207-7603, Option 5.** They can give you advice on whether or not you should see a

provider while you are traveling or wait until you return home. If urgent care is approved they will enter a referral that will be sent to Humana Military Healthcare Services for authorization. If you need assistance with finding a network provider for this approved urgent care, please all **Humana (TRICARE) at 1-800-444-5445.**

For an after-hours authorization, please call the on-call PCM by using the after hours process described in Question 5, utilizing the toll free number.

## Skills Fair

The Annual MEDDAC Skills Fair was an opportunity for both the civilian and military employees of the Reynolds to brush-up on many clinical skills and learn new ones. The 2004 Skills Fair Coordinator was LTC Deborah Krier of the Patient Safety Division. The two day "hands-on"

Skills seminar was an opportunity for both technicians and physicians to keep their certifications current by earning free Continuing Education credits that are recorded in their permanent records services for authorization.

## Red Cross Volunteers

The next Volunteer Orientation is Tuesday, December 14 at 0900. For further information, please call the American Red Cross at 458-2132 or visit 3 West.

## New OB Ward/ Ribbon Cutting Ceremony



There are a multitude of reasons to have a baby at Reynolds including free prenatal classes, one-on-one counseling and instruction, a private delivery room, a gift pack and your baby's ultrasound picture on a compact disc. And, of course, when your baby is born RACH

will play over the intercom one of the following selections to announce to the world the arrival of your newborn: "Happy Birthday", "Born to Be Wild", "Braum's Lullaby", "Born in the USA" and "Revelry." Now there is one more important reason to have your baby at Reynolds: our brand new OB Ward.

The motto of this highly-dedicated, family-centered and safe maternity care for all patients is **"Proudly Delivering America's Future"**. Friends, family and well-wishers of RACH gathered at the Ribbon Cutting ceremony on the third floor of the Hospital. The Post Commander MG Valcourt "cut the

cord" (the ceremonial ribbon) with the blessing of CPT Henderson, the Hospital Chaplain Hospital Commander COL Ford and OB Ward Clinic OIC MAJ Goodart looked on as friends and family toured the new ward. MAJ Goodart is pleased with new ward, "The mother is able to stay in one family-oriented delivery suite during the whole birthing process until discharge."

Each of the twelve birthing rooms has been decorated by a Fort Sill Family Readiness Group, with the objective of a warm and inviting birthing experience.

<b>SGT Burgamy</b>	<b>CPT Dewitt</b>
<b>MPT Bartosi</b>	<b>MAJ Garland</b>
<b>Maj Dismukes</b>	<b>CPT Meaux</b>
<b>ILT Low</b>	<b>ILT Norman</b>
<b>ILT Goode</b>	<b>CPT Trudo</b>
<b>CPT Harrison</b>	<b>CPT Sims</b>
<b>MSG Dufrin</b>	<b>SFC Moore</b>
<b>SPC Walters</b>	<b>SPC Kelley</b>
<b>SPC Gobble</b>	



RACH soldiers with the 228th PROFIS deployment ready for departure to Iraq.



One of the twelve birthing rooms in the Reynolds OB Ward on the 3rd floor of the Hospital



# FRG Deployment Checklist

## Finances

- ☐ Will your bank accept your power of attorney to conduct business on a joint account?
- ☐ Do you have access to the account where the soldier's direct deposit is made? If not, is there an allotment/automatic transfer set up into your account to cover monthly expenses?
- ☐ Do you have a plan for how the deployed soldier will access funds while deployed, and how he/she will communicate those transactions to you?
- ☐ Do you know how to balance the checkbook?
- ☐ Do you have enough checks? Do you know how to order more checks?
- ☐ Do you know the bank name, address, phone, and account numbers of your bank and investment accounts? Do you have legal authority to conduct transactions on all accounts?
- ☐ Do you have a list of all your credit cards, and can you physically account for every card?
- ☐ Do you know who to contact if allotment or bank transfer does not arrive in your account?
- ☐ Do you have a list of recurring bills, credit card balances, and due dates each month?
- ☐ Do you know how the deployment will affect the soldier's paycheck (increase or decrease)?
- ☐ Do you know the location of federal and state returns for the last four years?
- ☐ Do you know where any titles or deeds for real estate are located?

## Family Documents

- ☐ Do you know the location of each family members birth certificate? Your marriage certificate?
- ☐ Do you know the location of any adoption papers, divorce decrees, custody papers, or court orders?
- ☐ Do you know the location of citizenship records if any family member was born outside the U.S.?
- ☐ Where are the life insurance policies kept?
- ☐ Do all the children age 10 or older have ID cards? Will they expire while the soldier is deployed? Are all the children in DEERS?
- ☐ Do you know the location of the TRICARE cards for all dependents?
- ☐ Do you have a list of reputable babysitters and child care providers?
- ☐ Do you know the location of immunization records for all family members?

## Legal

- ☐ Do you have general power of attorney? If it is a limited, does it cover all the areas in which you may be required to act on your spouses behalf? Where is it located?
- ☐ Do you have a will? Does your spouse have a will? Is you will up-to-date and accurately reflect your desires for guardianship of minor children? Do you know where they are located?

## House

- ☐ Do you have a duplicate set of keys for the house?
- ☐ Do you have a financial plan for emergency house repairs?
- ☐ Do you have a trusted maintenance person to conduct home repairs?
- ☐ Do you have house insurance policy? If so, where is it, and how do I contact the company?
- ☐ Do you know how to cut off the water, electricity, and gas lines in case of emergency?
- ☐ Do you know where the breaker box is located and how to reset the breaker?
- ☐ Do you know where the home mortgage papers are located?
- ☐ Do you have a copy of the lease agreement? Will it run out while the soldier is deployed?

## Car

- ☐ Do you have a duplicate set of keys for the cars?
- ☐ Do you have a financial plan for emergency repairs?
- ☐ Do you know a trusted mechanic for car maintenance and repairs?
- ☐ Do you know when to change the oil and make the next scheduled maintenance check?
- ☐ Are the registration and proof of insurance papers physically located in each vehicle?
- ☐ Where is the car insurance policy located, and do you know how to file a claim?

## Other

- ☐ If you are on the housing list, does housing have a phone number **where you can be contacted**?
- ☐ Do you have a pet care plan if you need to leave your home during your spouses deployment?
- ☐ Do you know the phone numbers for Army Community Services, Red Cross, Family Readiness Center, and Family Advocacy?
- ☐ Do you have the emergency phone numbers posted near a telephone?
- ☐ Do you have a fire escape plan, and have you rehearsed it without the help of the deploying people?
- ☐ Do the childrens' teachers know that the soldier is deploying, so that they can better understand the moods and behavioral changes in the children?
- ☐ Do you know the phone numbers for the units read detachment Commander and NCO in charge, and the rear detachment

# “RACH”On!



Directorate of  
Morale, Welfare, Recreation  
and Family Programs  
4700 N Mow-Way Road  
Fort Sill, Oklahoma 73503  
(580) 442-3001/3113

Army Lodging	442-5000
Army Community Service	442-6818
Auto Crafts Center/Car Wash	442-4147
BOSS Program	442-6346
Cedar Lakes Golf Course	442-3875
Child and Youth Services Central Registration	442-3927
Family Child Care	442-4831
Fort Sill Golf Course	353-0411
Frame Shop	354-0520
Goldner Fitness Center	442-4680
Honeycutt Fitness Center	442-2740
Impact Zone Club	442-0355
Information, Tickets & Recreation	442-6211
Sports & Fitness	442-3545
LETRA	442-5541
Nye Library	442-3806
Officers' & SrNCOs' Club	442-5300
Outdoor Adventure Center	355-8270
Outdoor Swimming Pools	442-2022
RecPlex	442-4824
Recycle Center	442-5712
Rinehart Fitness Center	442-6652
School-Age Services	442-6745
School Liaison Officer	442-4831
Tincher Child Development Center	442-2320
Twin Oaks Bowling Center	442-2882
Youth Services	442-2844
Veterinary Treatment Facility	442-3602

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